

## Leelanau County Senior Services

8527 E Government Center Dr. Ste. 106  
Suttons Bay, MI 49682

Phone: (231) 256-8121

Fax: (231) 256-8129

[www.leelanau.gov/seniorservices.asp](http://www.leelanau.gov/seniorservices.asp)

[seniorinfo@leelanau.gov](mailto:seniorinfo@leelanau.gov)

Hours: 9:00 a.m. - 5:00 p.m.

Monday - Friday

### April Missias

Director

### Nancy Begeman

Assistant Director

### Armanda Krantz

Program Assistant

### Chet Janik

County Administrator  
(231) 256-9711

#### County Commissioners

#### Rick Robbins

District #1 (Elmwood Township  
& a portion of the City of Traverse City)  
(231) 409-1140  
[rrobbins@leelanau.gov](mailto:rrobbins@leelanau.gov)

#### Debra Rushton

District #2 (Bingham Township  
& a portion of Elmwood Township)  
(231) 941-8286  
[drushton@leelanau.gov](mailto:drushton@leelanau.gov)

#### William Bunek

District #3 (Suttons Bay Township  
& a portion of Bingham Township)  
(231) 866-4247  
[wbunek@leelanau.gov](mailto:wbunek@leelanau.gov)

#### Ty Wessell

District #4 (Leelanau Township  
& a portion of Suttons Bay Township)  
(231) 432-0066  
[twessell@leelanau.gov](mailto:twessell@leelanau.gov)

#### Patricia Soutas-Little

District #5  
(Leland & Centerville Townships)  
(231) 218-8496  
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#### Gwenne Allgaier

District #6  
(Cleveland, Empire &  
Glen Arbor Townships)  
(231) 228-6763  
[gallgaier@leelanau.gov](mailto:gallgaier@leelanau.gov)

#### Melinda Lautner

District #7  
(Solon & Kasson Townships)  
(231) 947-2509  
[mlautner@leelanau.gov](mailto:mlautner@leelanau.gov)

# THE LEELANAU CONNECTION

*Striving to celebrate and support seniors within our community*

Dear Friends,

Spring is coming! I am eagerly waiting for this time of renewal. The pandemic has been challenging for us individually and as a community. Throughout this time, I occasionally caught myself saying, "when things get back...", or "when we regain some normalcy...". Here we are a year later and I realize that we will never get back to the way things once were. Time continues to march forward and even though the losses have been significant and the fear high at times there have been beautiful moments of us coming together to support one another.

We here at LCSS have noticed a reduction in anxiety from many of you. The anxiousness is not as prevalent during phone conversations or when we have seen many of you out and about. A common coping mechanism frequently mentioned is watching a new TV series, diving into rereading a favorite book and discovering new authors and books to delve into. Listening or playing music continues to rank high as a favorite way of processing emotions, relieving anxiety, and a gateway to reminiscing for many of you.

I love all music and depending on my mood I listen to different genres and artists. I listen to jazz when I reflect on life in my twenties. This past Christmas I listened to Johnny Mathis' Christmas album because it reminded me of playing my parents record album as we decorated our family Christmas tree as a child. When I am anxious, I listen to classical or Celtic music. My list goes on and on. The neuroscience behind the impact of music is profound. Music is a universal language that has the power to transport us back in time to specific events in our life as well as providing the perfect sounds and vibrations to soothe our spirits. I know many of us are looking forward to the sounds of nature with the arrival of spring and the returning of the birds. The sight of the robin and the call of the red winged blackbird remind me of new beginnings.

I know the availability of the vaccine coupled with the reopening of restaurants and recreation opportunities has brought some relief to many. We can not go back, but I hope the music of the sounds of Spring remind of us of renewal and new beginnings. It is my hope that we can continue to assist one another through this next transition of life. Read to one another, listen to music that reverberates within you, behold the beauty of our landscape and the people that surround you. May this Spring offer an opportunity to release any residue of fear and anxiety from the long dark winter, and embrace the light of renewal within and around you.

Warmly,

*April*

## Who We Are

Leelanau County Senior Services provides a variety of programs and services to meet the growing needs of seniors. We recognize that all needs are different and strive to take a holistic approach to provide a range of services and programs that address the unique physical, social, and emotional needs of our seniors.

Our programs are designed to support our senior's lives:

- ◆ Personal Care\*
- ◆ Respite Care\*
- ◆ Homemaker\*
- ◆ Medication Management\*
- ◆ Medical Transportation
- ◆ Foot Care Vouchers

We also offer limited financial assistance for seniors who meet certain income and asset guidelines:

- ◆ Dental Assistance
- ◆ Eye Glass Assistance
- ◆ Hearing Aid Assistance
- ◆ Heating/Utility Assistance
- ◆ Legal Assistance
- ◆ Unmet Needs Assistance
- ◆ Project Fresh Coupons\*\*
- ◆ BATA Pass

Promoting Safety:

- ◆ Care Trak
- ◆ Emergency 911 Cell Phone
- ◆ Freedom Alert
- ◆ Emergency Pendant
- ◆ File of Life
- ◆ Safety Medical Equipment
- ◆ Loan Closet

Social Activities:

- ◆ The Lunch Bunch
- ◆ Euchre
- ◆ Bitesize Learning
- ◆ Senior Expo

\* Income and asset tested through application and home evaluation process.

\*\* Funded by USDA



## A Message from BATA

### BATA Launches Free On-Demand Medical Rides Pilot

Transportation shouldn't be a barrier to get to or from the doctor.

At least that's the idea behind BATA's new health and wellness transportation pilot called Link On-Demand NEMT+.

BATA's Link On-Demand NEMT+ service provides real-time health and wellness rides to a select group of medical partner locations in and around Traverse City and southeast Leelanau County.

The service launched in January 2021 and will operate through June 30, 2021.

Service is available Monday – Friday from 6 a.m. to 10:30 p.m. NEMT+ rides can be scheduled by anyone going to the 25+ medical partner locations, including patients with caregivers. Passengers can request a medical ride using the TransLoc mobile app, online portal, or a phone call to BATA Customer Service. Simply tell the driver you have an "NEMT+ ride" when boarding the bus and you're on your way.

"BATA is extremely excited to launch Link On-Demand NEMT+ and start to provide much needed health and wellness rides to the community," said Alan VanderPaas, BATA's Mobility Management Coordinator. "We've already provided more than 230 rides in the first month of the pilot and we're looking forward to continuing to expand on that success."

Link On-Demand NEMT+ offers fare-free rides on public transportation thanks to the support from a grant from the Community Foundation, made possible with funding from the Michigan Health Endowment Fund. A full list of participating medical partner locations and service area ride availability information can be found at [www.bata.net/linkon-demand](http://www.bata.net/linkon-demand) or by calling 231.941.2324.

Leelanau County residents who don't live in the pilot service area can still take advantage of the service by using BATA's Village Loop or Village Link services to get to BATA's Hall Street Transfer Station and connect to a Link On-Demand NEMT+ ride from there.

## Leelanau County Veterans Memorial



*Honor your loved ones*

*with having their name engraved*

*on a Wall of Honor or with a Brick Paver.*

Contact the Leelanau County Administrator

at 231-256-9711 or 866-256-9711

*Order forms are also available online at—*

<http://www.leelanau.cc/veterans.asp>

## **Veterans services and support**

### **Veterans Affairs**

*(Disability, Pension, Death  
Benefits, etc.)*

**1-231-995-6070**

*A VA representative is at the  
Leelanau County  
Government Center on Tues-  
days only.*

*Call for appointment*

### **Grand Traverse County Chapter Disabled American Veterans**

*(Coordinates  
transportation to VA  
medical facilities)*  
**1-231-313-9357**

### **VA Clinic**

*(Health Care)*  
**1-231-932-9720**

### **Vet Center**

*(Readjustment  
Counseling-PTSD)*  
**1-231-935-0051**

### **Supportive Services for Veteran Families** *(Homeless Veterans)* **1-844-900-0500**

Please contact one of these  
service providers if you or  
someone you know can  
benefit from any or all of  
these  
resources.

## **A message from the Benzie-Leelanau District Health Department**



### **COVID VACCINATION CLINIC INFORMATION**

**Stay informed** about where we are with our COVID vaccination program  
and when appointments are available.

1. **Fill out the COVID-19 Vaccine Sign-up Survey on our website at [www.bldhd.org](http://www.bldhd.org).** This does not schedule an appointment, but puts your information on a list so that we can contact you via email when appointments for your priority group are available. If you have already filled out the Survey form, you do not need to fill it out again but you may want to subscribe to the Vaccine Updates as well.
2. **Subscribe to receive COVID-19 Vaccine updates:** Enter your email address on our website at [www.bldhd.org](http://www.bldhd.org).
3. **Seniors without internet/email can call 231-715-5557** and follow the prompts to the COVID information line. You will hear general information and then be able to leave your name/phone number and someone will call you when appointments are available.

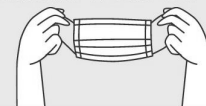
**It will take months to vaccinate all those in the current priority group so please continue to be patient.** Vaccine supply is very limited and we are only able to open up appointments one week at a time. We will email the scheduling link (or have someone call, if no email address) as appointments are available, starting with those who have registered earliest.

**Please do not call the health department.** Due to the volume of calls, the health department may not be able to call you back. If you have questions, email the health department at [hotline@bldhd.org](mailto:hotline@bldhd.org).

**LCSS will be happy to assist you in registering for the vaccine and share any information and updates we are aware of.**

### **Mask Up Michigan**

**Free masks**  
to protect vulnerable  
populations from COVID-19



Masks are proven to **reduce** a  
person's chance of spreading  
COVID-19 by about **70 percent**.

Provided through Michigan Department of Health and Human Services  
MDHHS, Ford Motor Company, FEMA to keep Michigan safe

LCSS has received  
KN-95 masks to help  
reduce the spread of  
COVID-19.  
If you are in need of  
masks, please call LCSS  
and we will get them to  
you. (231) 256-8121

**Fire and Rescue  
Non Emergency**

**Numbers:**

Sheriff's Office  
256-8800  
Cedar Fire and Rescue  
228-5396  
Elmwood Twp Fire  
& Rescue  
941-1647  
Glen Lake Fire Dept.  
Station 1: Glen Arbor  
334-3279  
Station 2: Empire  
326-5250  
Grand Traverse Band  
Fire/Rescue  
534-7666  
Leelanau Township Fire  
386-5343  
Leland Fire and Rescue  
256-7760  
Suttons Bay-Bingham  
Fire/Rescue  
271-6978

**Help Lines**

COVID-19 Help Line  
888-535-6136 and press 8  
24 Hour Crisis Help Line  
(833) 295-0616  
Suicide Prevention  
(800) 273-TALK (8255)  
Homeless Prevention Line  
(844) 900-0500  
Addiction Treatment  
Services  
(800) 622-4810  
Womens' Resource  
Center  
(231) 941-1210

**A message from ShareCare of Leelanau**

**Volunteering at ShareCare of Leelanau Can Improve your  
Health and Well-Being**

Did you know volunteering leads to better health? Two decades of research demonstrates volunteering provides individual health benefits in addition to social benefits. Older volunteers are the most likely to receive physical and mental health benefits from their volunteer activities, including lower mortality rates, greater functional ability, and lower rates of depression later in life than those who do not volunteer.

Volunteering at ShareCare, an organization where volunteers support seniors living at home in Leelanau County, provides volunteers with many opportunities to help others in their community, from giving a ride to a senior who no longer drives, or checking in either in person or by phone on someone who may be socially isolated.

Many of ShareCare's volunteers are senior citizens themselves, and by volunteering they are maintaining their own independence as they grow older. An increase in volunteerism among people age 65 and older is a national trend. In fact, Baby Boomers are volunteering at a higher rate than earlier generations did at the same age, as reported by AmeriCorps Seniors.

During Covid this is particularly important, as volunteer activities strengthen social ties that protect individuals from isolation. There are many ways you can volunteer safely during Covid, for example, ShareCare volunteers deliver groceries and run errands for seniors in need, send a greeting card, make a meal to drop off or help someone with technology so that they can connect to programs offered online. As the vaccine becomes more widely available, we expect transportation requests to increase, and driving is a great way to help a senior.

If you are interested in giving an hour or two a week, and experiencing the positive health outcomes of volunteering, please give Jennie Arguello, ShareCare's Volunteer Coordinator, a call at 231-256-0222, or go to our website at [www.sharecareleelanau.org](http://www.sharecareleelanau.org) and complete the volunteer interest form.

Stay healthy and safe,  
Julie Tarr  
Executive Director  
ShareCare of Leelanau  
[Julie@sharecareleelanau.org](mailto:Julie@sharecareleelanau.org)  
[231-256-0228](tel:231-256-0228)  
[www.sharecareleelanau.org](http://www.sharecareleelanau.org)

## **A Message from Leelanau County Treasurer John Gallagher**

Leelanau County Treasurer, John Gallagher, and LCSS are collaborating to educate seniors about programs you may be eligible for if you own property in the county and have a lower income. Over the years, LCSS has educated a number of seniors about some of these programs, but are hoping with our collaboration that we can have a greater impact on the number of people who utilize these programs. If you have any questions, please contact our office or the Treasurer's Office at 256-9838.

### **Poverty Exemptions**

Michigan law (MCL 211.7u) provides for a reduction in property taxes for eligible, low-income homeowners. **Every city and township** must offer an application process and set eligibility requirements that are no more restrictive than the federal poverty guidelines.

Applications must be filed annually at the March, July, or December Boards of Review.

Contact your local city or township assessor for specific dates, and to request a poverty exemption application and instructions.

### **Other Options for Lowering Your Property Tax Bill**

Seniors and certain disabled homeowners may be eligible for a deferment which allows them to pay their property taxes by a later deadline without additional fees or interest. Disabled veterans may be eligible for a complete exemption of property taxes under Public Act 161 of 2013. Your local township assessor or veterans' service agency can give you more information about this program. LCSS and the Treasures office will be happy to connect you with your township assessor or VA representative to give you more information about this program.

### **Extension from Foreclosure**

Unpaid delinquent property taxes can lead to foreclosure and loss of your property after three years. Hardship extensions are designed to delay foreclosure deadlines by one year for owners who are actively working to catch up on their delinquent property taxes. Applications are reviewed for properties that are in forfeiture (delinquent for two years) up to six months prior to foreclosure. Contact the Treasurers office if you have any questions or need assistance in filling out the application.

### **Homestead Property Tax Credit**

Seniors are entitled to a homestead property tax credit up to \$1,200. This credit may be claimed regardless of whether or not a Michigan income tax return (form MI-1040) must be filed. You may claim a property tax credit by filing form MI-1040CR.

### **Home Heating Credit**

The Home Heating Assistance Program gives many low-income persons the opportunity to claim a credit against their state income tax for part of their home heating costs. There are two methods available for computing a home heating credit: the standard method and for individuals with very low incomes and high heating costs, an alternative formula. This credit may be claimed regardless of whether or not a Michigan income tax return (MI-1040) must be filed.

## **A Message from the Leelanau County Prosecutors Office**

### **Protect Yourself and Loved Ones**

Who is taking care of your finances and life estate? Are they honest? Do others think they are honest? Have you given them money to take care of you? Do you provide special favors to them?

The Leelanau County Prosecuting Attorney's Office has seen families torn apart by disagreements resulting from a lack of planning and clear direction from the deceased.

At the Prosecutor's Office, we are left to address avoidable family disagreements. Heirs have claimed ownership of valuable personal affects without the knowledge of other family members.

In other cases, heirs received a substantial amount of money or property before the loved one has passed; and without the knowledge of the other heirs. The other heirs felt this was unfair and illegal.

As prosecutors we have become involved and charged the crimes of embezzlement and elder abuse. We've had cases where an heir was receiving what he/she termed "wages" for assisting the elderly, often a vulnerable parent. This overreaching heir "granted" him/herself additional valuable favors. These actions can break apart the once-close family and land the wrong-doer in jail with the order repay the elderly parent or the estate tens of thousands of dollars.

In a recent case, a couple preyed on a benevolent friend. That couple became in charge of the elderly person's finances. They changed the beneficiaries of some financial instruments to the tune of \$2 million. My office was alerted in time and with the assistance of a local attorney we were able to reverse those changes. The victim in that case insisted we not pursue criminal charges.

In another case, a third person was wrongfully accused of embezzling from his mother. That person was interviewed multiple times, hired an attorney, and had a rough couple of months during the investigation.

### **Solution**

Avoid this situation by advanced planning with the clear direction from the estate holder of their wishes to avoid disagreements following a loved one's death. By making those wishes clear, future criminal investigation and civil litigation can be avoided. You can do this by consulting with an attorney. This way, you and your family are protected.

If a family member is taking care of a loved one, then there must be definite terms of any financial compensation presently or after death. If a single member is taking care of a parent, and that parent wants to pay them, have witnesses. Let it be known to all potential estate beneficiaries. Have it in writing and signed.

If a person does receive any payment, have a separate person audit those expenses. If the parent wants to take the sibling out to dinner, write it down. Let the auditor know. This will clear up any possible appearance of embezzlement.

The old Boy Scout motto applies here, "Be Prepared." Preparation and careful planning can prevent families from being torn apart, siblings going to jail, and huge financial losses.

Joseph Hubbell and Tristan Chamberlain

Leelanau Prosecuting Attorney's Office

This is not legal advice. Seek an attorney for help.

## What to do when having an emergency at home

There may be a time when you are unable to take care of an emergency at home and need assistance. Here are a few reminder tips to help you as well as the emergency crew coming to your home.

- Always call 911 immediately: They will assess the situation and send assistance (whether it be EMS, Fire, and or Police)
- If able, secure pets for their safety as well as the help coming in to your home
- Unlock your door
- Stay close to your door so help can find you easily
- Make sure your "File of Life" is updated with medical conditions and med list, either on your refrigerator or on you.



### Leelanau County Medical Awareness Update

In the event of a disaster, public or medical emergency, some residents in the community may need special attention because of transportation problems or physical impairments. Furthermore, in instances of medical emergencies, the information below may help trained personnel in providing vital treatment and medical assistance.

#### PERSONAL INFORMATION

Person Needing Assistance: \_\_\_\_\_  
Last First

Address: \_\_\_\_\_

Cross Street: \_\_\_\_\_ Township: \_\_\_\_\_

Landmarks: \_\_\_\_\_ Hidden Key Location: \_\_\_\_\_

Phone Number (s): \_\_\_\_\_

#### MEDICAL INFORMATION

Chronic Problems: \_\_\_\_\_

Allergies: \_\_\_\_\_

#### SPECIAL ASSISTANCE REQUIRED

☐ Hearing Impaired ☐ Wheel Chair ☐ Walker ☐ Cane ☐ Sight Impaired ☐ Confined to Home ☐ Bed ☐ Crutches

Oxygen in Use: ☐ Yes ☐ No

#### EMERGENCY CONTACT INFORMATION

Name \_\_\_\_\_

Phone \_\_\_\_\_

Name \_\_\_\_\_

Phone \_\_\_\_\_

#### PHYSICIAN INFORMATION

Name \_\_\_\_\_

Phone \_\_\_\_\_

Name \_\_\_\_\_

Phone \_\_\_\_\_

#### RELEASE OF INFORMATION

I hereby authorize the release of all or part of such information as may be necessary to ensure my safety, treatment and well being in the event of a medical emergency, disaster or public emergency.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Please Return to: Office of Emergency Management / 9-1-1  
8525 E. Government Center Drive  
Suttons Bay, MI 49682

Consider filling out or updating the Leelanau County Medical Awareness Update form that is kept on file at 911 dispatch; copies are available online or at the LCSS office.

## FILE OF LIFE

**KEEP INFORMATION UP TO DATE !!**  
**Review At Least Every Six Months !**  
**MEDICAL DATA REVIEWED AS OF MO. YR.**

Name: \_\_\_\_\_ Sex: M F

Address: \_\_\_\_\_

Doctor: \_\_\_\_\_ Phone #: \_\_\_\_\_

Preferred Hospital: \_\_\_\_\_

#### EMERGENCY CONTACTS

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Address: \_\_\_\_\_

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_


## March 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14 Daylight Savings Time begins 	15	16	17 Happy St. Patrick's Day 	18	19	20 First Day of Spring 
21	22	23	24	25	26	27
28	29	30	31			

*Food Commodity or Surplus every 3rd  
Tuesday of every month*

## April 2021

*For more information on surplus &  
commodities: 1 (800) 632-7334*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 April Fools Day	2 Good Friday Office Closed at noon	3
4 Happy Easter 	5	6	7	8 Holocaust Remembrance Day	9	10
11	12	13	14	15	16	17
18	19	20	21	22 Earth Day 	23	24
25	26	27	28	29	30	



### **A Message From Leelanau County Planning Department**

The first Household hazardous waste, electronics, and document shredding collection will be Saturday, May 21 at the Government Center. Call our office (256-9812, or Ext 812) to make an appointment. Appointments always required.

Also, Habitat for Humanity has a Home Repair program for those at or below 60% of the Area Median Income. If you know anyone needing help with home repairs (leaky roofs, windows, furnace or electrical issues, etc.) please refer them to Habitat for Humanity at 941-4663 X 321.

### **Senior Expo 2021**

Due to the pandemic, Leelanau County Senior Services will be collaborating with Bay Area Senior Advocates (BASA) to bring you a virtual senior expo on Wednesday, May 19, 2021.

In honor of our front line workers, the theme for this years expo is "Super Hero's". More information about how to access the expo will be on our May/June newsletter, our web site and on our Facebook page.

### **More Scams to be Aware of**

We've gotten many calls from seniors in our area alerting us of the following scams that are making the rounds in our community.

- ♦ Calls stating that they are from Munson Hospital and wanting to know what type of medication you've been sent home with. (especially narcotics) If you get a call like this do not disclose your medications, say no and hang up
- ♦ Calls saying they are from Medicare. They are trying to get personal information including your social security number. Never give out your social security number.
- ♦ The newest credit card scam is saying a policy has been passed in Michigan Legislature that you can wipe out your credit card debt by supplying your credit card information. Do not answer any questions and hang up

### **Desktop Electronic Magnifier**



LCSS medical equipment loan closet has been the recipient of a few e-readers for people with low vision.

If you or you know someone who would benefit from an e-reader, call LCSS for more information.

### Social Isolation and Loneliness

The pandemic has shown us the importance of social contact in our lives. These social distancing efforts have led to remote working; cancellation of sporting and entertainment events and limiting the number of people in attendance at social gatherings. Seniors are at a higher risk of experiencing feelings of loneliness and social isolation naturally with the loss of loved ones as we age, but the pandemic has added an additional layer and challenge for many. Seniors are trying to balance staying healthy and surviving a pandemic with limiting their interactions with people and life-giving activities.

Loneliness can be defined as a feeling of being alone. You can have many social interactions and still feel lonely. Social isolation is when you have few interactions with other people. Social isolation and feelings of loneliness can have impacts on our health and wellbeing. AARP reports that social isolation and loneliness is likened to smoking 15 cigarettes a day. The CDC reports that there is a 50% percent increased risk of dementia with social isolation as well as a 29% increased risk of heart disease and a 32% increased risk of stroke.

Communities are also reporting higher rates of depression, anxiety, and suicide.

If you or someone you know can identify with feelings of loneliness or experiencing social isolation, please reach out to our office. We will be happy to be a listening ear and discuss how we can assist you in putting some supports and interactions with others into your life to combat the lingering effects of the pandemic. We want you to continue to live your best life and find purpose and joy in your everyday lives.

ShareCare's nurse, Victoria Maggio, RN wrote an inspiring little piece about "just keep going". As you read it, I hope you find inspiration as we move together towards a fuller life.

*April*

As many of you know, my mother is Portuguese. I love meals filled with tomatoes, onions and garlic. The other day I came across this easy recipe for Portuguese Chourico and Kale Soup. So easy and filled with wonderful flavors! I hope you like this soup as much as I do. Enjoy ~ Armanda

### **Portuguese Chourico and Kale Soup**

<https://www.foodnetwork.com/recipes/rachael-ray/portuguese-chourico-and-kale-soup-recipe-1939580>

2 Tbs extra-virgin olive oil  
3 medium white waxy potatoes, like Yukon golds, peeled and diced  
2 medium onions, chopped  
4 - 6 cloves garlic, chopped  
2 bay leaves, fresh or dried  
1 pound kale, coarsely chopped  
Coarse salt and pepper  
1 (15 oz) can garbanzos (chick peas), drained and rinsed  
1 can diced tomatoes  
1 pound diced chourico, casing removed (if you are using Mexican Chorizo, it is not fully cooked. Adjust cooking time to fully cook Chorizo)  
1 quart chicken broth  
Warm, crusty bread to go with soup

#### **Reminder:**

Some foods do not mix well with medication. Please remember to check with your doctor or pharmacist on what foods to avoid while taking certain medications.

1. Heat oil in a deep pot over medium high heat. Add potatoes and onions, cover and cook 5 minutes, stirring occasionally
2. Add garlic, bay leaves and kale to the pot. Cover pot and wilt greens 2 minutes. Season with salt and pepper. Add beans, tomatoes, chourico, and broth to the pot and bring soup to a full boil. Reduce heat back to medium and cook 5 to 10 minutes longer or until potatoes are tender
3. Serve soup with hunks of crusty bread and butter.

**Parkinson's Network**  
**North Support Group:**

Help is available for those living with Parkinson's Disease and their loved ones.

Hettie Molvang is available by phone to answer questions, provide support, and offer resources to help navigate through this diagnosis.

Although group meetings are cancelled for now, Hettie will provide invaluable one-on-one support.

Call 231-947-7389 or visit the website [www.pnntc.org](http://www.pnntc.org).

Her advice to all is: "Meds on time. Keep singing out loud. Moving, moving, moving!"



**An Irish Toast to You**

*"May the luck of the Irish  
Lead to happiest heights  
And the highway you travel  
Be lined with green lights.*

*Wherever you go and  
whatever you do,  
May the luck of the Irish be  
there with you."*



**A Message from Victoria Maggio R.N.**  
**"Just Keep Going"**

Hello to All and Happy 2021

In this article I am sharing some of my thoughts & musings about COVID-19. I added some comparisons and analogies plus a big dose of encouragement to boot!

My thoughts on this "Marathon"

Gosh, we have learned SO much this past year! We've learned about a new virus called the Coronavirus or COVID-19, about face masks, social distancing, social pods or bubbles, "COVID fatigue", and not to mention Zoom, working remotely, and grocery or food delivery options. Words like "unprecedented" and "climbing numbers" are constantly repeated...and we've probably used more hand soap and sanitizer than in the previous 5 years.

Whew...that is a lot of new stuff! Exhausting wasn't it!

Well, we have been "running" but the race isn't over quite yet.

I used to run marathons for fun and any marathon runner knows that the last 6.2 miles are the hardest! In fact, some runners chop a marathon into 3 parts: the first 20 miles, the next 6 miles, and the last .2 miles. After running for 20 miles, your body starts talking to you, "I can't keep this up", "What are you? Crazy?", "Let's just lay down on the side-walk over there where those people are cheering and take a rest". This is when it has to be mind over body. The mental part of the race. So, in my race analogy we are running a marathon. We have already run 20 miles with 6.2 miles to go. We must keep putting one foot in front of the other, constantly telling ourselves that the end is near and we just need to keep running for a little while longer.

We have been bombarded with information regarding the vaccine from all media platforms. As a result, there are many misgivings about whether or not to get this new vaccine at this time. I strongly encourage you to speak to someone at our local health department or your primary care physician to discuss any concerns you may have. The health department is a wealth of knowledge and has been updated with the latest information about the vaccine itself, along with our local plan for inoculation. The Benzie-Leelanau District Health Department may be reached at (231) 256-0200 or you may visit their website at [bldhd.org](http://bldhd.org) for more information.

Upon finishing a marathon, aside from taking a shower, there is the celebratory meal and cold beverage with friends and family. We sit around the table telling the story of our race while feasting on something delectable, complete with high-fives and hugs. I am looking forward to the day when this race has come to an end and we can enjoy these

moments of celebration without fear.

Well that's all for now, keep those running shoes on. Whether they be Nike or NewBalance...just a few more miles to go my friends...burgers and beers/ hugs and kisses are close at hand.

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*Striving to celebrate and support seniors within our community*



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